

ABSTRACT

Title: A possibility of use of principles of Alexander Technique in Primary Schools and in Children and Youth Sport

Objectives: The aim of this thesis is to introduce Alexander Technique and relate it to the school environment as an element of predominantly primary prevention. First we elucidate the theme of school environment in relation to student movement habits and health. Then we will suggest a possibility of an enrichment of school P.E. and health promotion of children with the help of the principles of Alexander Technique in games within school P.E. and explain their contribution to daily life.

Methods: Analysis, argumentation, critic reasoning, creative thinking, qualitative observation

Results: Application of Alexander Technique to the school environment. Designed children's motion games based on principles of Alexander Technique.

Keywords: Alexander Technique, posture, prevention, Physical Education, sport